



ANTI-AGING RECIPES

Delicious and Healthy Recipes
for Smoother Skin, Energy, and
Vibrant Health and Well-being



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Thank You for Downloading Your Complimentary Copy of

Anti-Aging Recipes!



This book contains 29 nutritious (and delicious!) recipes that will help you get on track towards clearer skin, fewer wrinkles, improved joint mobility and reduced inflammation, increased energy... and generally just looking and feeling healthier overall.

While we can't guarantee that making and enjoying the recipes in this book can make you look 29 again, we do know that a nutrient-dense, whole foods diet is the first and best step to looking and feeling younger and more vital.

You may be thinking, can food really do all that? The answer is a resounding YES! What you put into your body is the fuel your cells use to rebuild themselves. Just think about it... imagine how cells made from soft drinks, fries, hamburgers, donuts, chips, and candy will function. Now imagine cells using nutrients derived from fresh organic fruits and vegetables, and good quality proteins and fats as their building blocks. You don't have to be a scientist to envision the difference this can make to how your body will look and function over time.

All of the recipes in this book include ingredients that are not only considered healthy in general, but many of them have specific anti-aging properties. For example, antioxidants that fight free radicals that damage and age the body. Good quality protein, which is critical for maintaining bone and muscle mass. Collagen powder for replacing natural collagen stores that diminish as we age. Plus good, healthy fats which are needed for vitamin absorption and energy. These are just a few of the age-busting ingredients you'll find in these 29 recipes.



One thing you won't find is any recipes that use table sugar or artificial sweeteners. Sugar is inflammatory and contributes to aging in multiple ways, while artificial sweeteners come with their own list of potential health-harming effects. Where needed these recipes use natural products such as local raw honey, maple syrup, and dates, which all contain valuable nutrients. Of course, if your taste buds don't require even these healthier forms of sweetener, feel free to cut back or eliminate them altogether.

For all of the recipes in this book, we highly advise purchasing the organic version of all ingredients (including spices) whenever possible. This will allow you to avoid harmful pesticides and genetically-modified ingredients, which both contribute to aging and diminished health. If all organic isn't possible, please just do the best you can with the resources available to you.

Thank you again for downloading this Anti-aging recipe book. We truly hope you discover some favorite recipes that you'll enjoy making for years to come.

The **Organixx** Team





Research has shown that walnuts can help manage metabolic syndrome, diabetes, and inflammation.



ANTI-AGING BREAKFAST SMOOTHIE

MAKES 2 SERVINGS

Every single ingredient in this delicious smoothie improves overall health, but is especially good for the skin! The fruit contains important vitamins, minerals, and antioxidants. Meanwhile, the walnuts, ground flaxseed, and chia seeds contain healthy fats which help to build healthy cells and are immensely anti-inflammatory. The dates provide a little extra sweetness and give an extra boost of fiber and energy.

INGREDIENTS

- 1 peeled ripe banana
- 1 large kale leaf, stem removed
- 1 cup frozen berries (e.g. blackberries, blueberries, raspberries, strawberries, or use a mixture of them)
- Sparkling mineral water or coconut water
- Handful of walnuts
- 1 tablespoon flaxseeds, freshly ground
- 2 tablespoons chia seeds, soaked overnight in filtered water
- 2-4 pitted dates depending on level of sweetness desired
- 1 scoop [Organixx Clean Sourced Collagens](#) powder

INSTRUCTIONS

- To a blender container or food processing bowl add the banana and kale, and then add remainder of ingredients.
- You can choose how thick or thin you prefer your smoothie by adding more or less of the mineral/coconut water. Process until well combined and smooth.
- Serve in a tall glass with extra fruit on top.

Nutritional Facts (Per Serving) Calories: 315.2 | Total Fat: 14.8 g | Total Carbohydrates: 42.5 g | Dietary Fiber: 13.2 g | Protein: 12.2 g



Coconut water is low in calories, naturally free of fat and cholesterol, high in potassium, and is super hydrating.



EASY ANTIOXIDANT BLAST BREAKFAST BOWL

MAKES 2 SERVINGS

Breakfast bowls are a delicious start to the day. This recipe is packed with ingredients that contain antioxidants and protective phytochemicals, healthy fats, and loads of energy!

INGREDIENTS

1 cup your choice frozen fruit
(e.g. acai, goji berries, mulberries,
blackberries, strawberries,
blueberries, raspberries, mango,
or a mixture)

1/2 cup coconut water

4-6 dates

1 drop orange essential oil

2 tablespoons freshly ground flaxseed

2 frozen bananas

Optional Toppings:

Raw coconut flakes or coconut yogurt

Pomegranate seeds

Cacao nibs

Honey

Sprinkle of cinnamon, ginger, cloves,
nutmeg

Mint leaves

Chopped raw nuts


Seeds (pumpkin, sunflower, chia)

INSTRUCTIONS

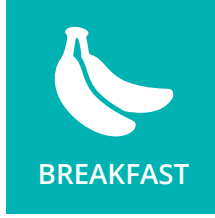
In container of blender or food processor, put in all the ingredients except for the toppings and process until smooth.

Pour into bowl and add your choice of toppings. Serve immediately.

Nutritional Facts (Per Serving) | Calories: 336.2 | Total Fat: 2.9 g | Total Carbohydrates: 79.6 g | Dietary Fiber: 9.2 g | Protein: 4.6 g



One egg has
6 grams of protein
and nine essential
amino acids, the
building blocks of
protein.



TEX-MEX BREAKFAST WRAP

MAKES 4 SERVINGS

Better than drive-through for both your skin and your health. The eggs in this breakfast wrap provide plenty of protein; the collagen powder is wonderful for its anti-aging benefits; the cheese supplies probiotics for gut health and immunity; and the spinach and tomato contain antioxidants and lycopene. And don't forget the avocado! Avocados contain healthy fats and minerals such as potassium, chromium, and are a source of glutathione (the "master antioxidant"), needed for making new immune cells and for detoxification. Anaheim peppers contain capsaicin, known for its anti-inflammatory properties.

INGREDIENTS

4 gluten-free wraps of your choice
1 teaspoon avocado oil
4 eggs
1 scoop [Organixx Clean Sourced Collagens](#) powder (optional)
Salt and pepper, to taste
2 tablespoons roasted Anaheim chili peppers (don't worry, they're mild!)
1 medium tomato, diced
1 avocado, peeled, de-seeded, and diced
4 tablespoons goat cheese
1-2 cups baby spinach
1/4 cup chopped fresh cilantro/coriander (optional)

INSTRUCTIONS


Cover wraps with damp paper towels and place in warm oven on a baking tray while preparing rest of recipe.

In medium bowl, beat eggs, collagen powder, and desired amount of salt and freshly ground black pepper. In skillet, warm oil over medium heat, then add eggs and chili peppers. Cook, stirring gently, until almost set.

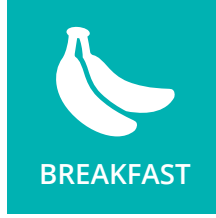
Remove pan from heat; fold in diced tomato and avocado.

Remove wraps from oven. Spread 1 tablespoon goat cheese on each wrap; top with spinach, then divide hot egg mixture among wraps. Top with coriander (if desired), fold in bottom third of wrap, and then fold over both sides.

Nutritional Facts (Per Serving) Calories: 376 | Total Fat: 20.1g | Total Carbohydrates: 37g | Dietary Fiber: 6.5g | Protein: 10.9g



The beta-carotene
in pumpkin helps
protect against the
sun's wrinkle-causing
UV rays.



CINNAMON PUMPKIN CHIA BREAKFAST PUDDING

MAKES 2 SERVINGS

Pudding for breakfast? Yes! Especially when it contains healthy protein, fats, and anti-aging spices. Cinnamon promotes collagen synthesis in the skin, helps to lower blood sugar levels, and improves the function of antioxidants. Ginger is a natural anti-inflammatory, and chia seeds are chock full of protein, minerals, and much-needed fiber for gut health.


INGREDIENTS

3/4 cup organic full-fat coconut milk
1 scoop Organixx Collagens Powder
2 tablespoons chia seeds
1 cup organic pumpkin puree
1 teaspoon maple syrup
1 teaspoon ground Ceylon cinnamon
1/4 teaspoon ground ginger

INSTRUCTIONS

Start recipe one day ahead. In a blender container or bowl, add all ingredients and blend or whisk until smooth and creamy.
Place in serving cups, cover, and refrigerate overnight.

Nutritional Facts (Per Serving) Calories: 264.5 | Total Fat: 19.3 g | Total Carbohydrates: 19.1 g | Dietary Fiber: 9.5 g | Protein: 9.5 g

A top-down view of a dark blue ceramic bowl filled with a vibrant green guacamole. The guacamole is chunky and garnished with finely chopped green onions, fresh cilantro leaves, and small pieces of red onion. The bowl sits on a light-colored, woven bamboo placemat. In the background, a wooden spoon holds a pile of white, flaked cheese. A slice of lime is visible on the left edge.

Avocados do not contain any sodium or cholesterol and are low in saturated fat. They also have more potassium than bananas!

“GLOWING YOU” GUACAMOLE DIP

MAKES 6 SERVINGS

Avocados are amazing for skin health, containing healthy fats, chlorophyll, and vitamin E. Avocados also help to reduce inflammation, hydrate, promote skin softness, and prevent wrinkles.

INGREDIENTS

2 avocados, peeled and pitted
(save one pit)

3-4 cherry tomatoes, finely chopped

1 tablespoon finely chopped red onion

1/2 to 1 clove garlic, finely minced

1 tablespoon avocado or olive oil

Jalapeño slices

Juice of 1/2 to 1 lime (to taste)

Freshly ground sea salt

1/4 cup fresh coriander/cilantro,
finely chopped (optional)

Chopped fresh vegetables
(e.g. carrot sticks, celery sticks,
zucchini slices, daikon radish)

INSTRUCTIONS

Into a medium-sized serving bowl add avocados and mash them with a fork until creamy. Add chopped tomatoes, red onion, garlic, and oil. The next 3 ingredients are to be added carefully and in small increments, adjusting for your taste: jalapeño slices, lime juice, salt. Just add each in small amounts until you are satisfied with the taste.

Mix well. Place reserved pit into guacamole to keep it from turning brown (remove when you serve it). Cover and refrigerate for a few hours to let flavors ripen.

Top with fresh coriander or place it on side as people either love it or hate it! Serve with chopped vegetables.


Nutritional Facts (Per Serving) Calories: 121 | Total Fat: 11.2 g | Total Carbohydrates: 5.8 g | Dietary Fiber: 4.2 g | Protein: 1.3 g

CHICKEN PÂTÉ

WITH STRAWBERRY POMEGRANATE COMPOTE

MAKES APPROXIMATELY 8 APPETIZER-SIZE SERVINGS

Liver has an abundance of anti-aging minerals, vitamins, amino acids, and fats (make sure to always choose organic liver). The macadamia nut oil is rich in healing, anti-aging, and anti-inflammatory nutrients that improve cardiovascular and skin health. Strawberries and pomegranate contain antioxidants, vitamin C, and loads of anti-cancer nutrients, helping to reduce inflammation and protect against damaging free radicals.



Chicken livers are a great source of vitamin D that helps strengthen bones, and may also fight off colon cancer.

PÂTÉ INGREDIENTS

- 1 lb (500 gm) organic chicken livers
- 1/4 cup cold pressed macadamia nut oil
- 2 tablespoons fresh sage leaves
- 2 teaspoons fresh thyme leaves
- 2 shallots, finely diced
- 2 garlic cloves, minced
- 2 anchovies
- Additional 1/2 cup cold pressed macadamia nut oil for blending
- Freshly ground salt and pepper, to taste

PÂTÉ INSTRUCTIONS

Remove any sinew or cartilage from livers, then dice them up into large pieces. Rinse liver in a colander under cold water and drain well. Place half of the macadamia nut oil (about 1/8 cup) into a skillet over medium to high heat, then add in half of liver. Sear for a few minutes on each side until lightly browned but retaining some pink in the middle. Remove first batch and set aside, repeat with remaining liver and the rest of the macadamia nut oil. Combine the two batches of cooked liver, set aside.

Add to the pan juices the herbs, garlic, anchovies, and shallots. Sauté over low heat until shallots are softened.

In food processor or blender, place the cooked liver and contents of skillet, including juices. Season with salt and pepper and add in the remaining 1/2 cup macadamia nut oil. Process until texture looks creamy like mousse, adding in more macadamia oil if necessary to achieve desired consistency.

Remove to serving dish, then refrigerate for around one day so that the flavors have time to mingle and develop. Pâté will keep in the refrigerator for 4-5 days, and can also be frozen.

COMPOTE INGREDIENTS

- 2 cups strawberries
- 1/2 cup pomegranate seeds
- 1/4 cup apple or passion fruit juice
- 1 tbsp coconut sugar

COMPOTE INSTRUCTIONS

In a saucepan over high heat, place strawberries, pomegranate seeds, fruit juice, and coconut sugar, and bring to a boil.


Once boiling, reduce heat to low and simmer for at least 10 minutes, then remove from heat and place compote in serving bowl. Can be stored in a covered container in the refrigerator for up to one week.

- Serving dish with chicken pâté
- Chopped pistachio nuts
- Strawberry pomegranate compote
- Baby Romaine lettuce leaves, washed and patted dry
- Chunks of your favorite bread, warmed

SERVING SUGGESTION

Slather chunks of bread with chicken pâté, then chopped pistachios, Romaine lettuce leaf, and drizzle warmed compote over the top.

Nutritional Facts (Per Serving) Calories: 275.4 | Total Fat: 22.9 g | Total Carbohydrates: 10.1 g | Dietary Fiber: 1.3 g | Protein: 10.4 g



Red onions are available throughout the year and are higher in flavanoids and fiber than white and yellow onions.

CHICKEN, AVOCADO & RED ONION BRUSCHETTA

MAKES 4 SERVINGS

Chicken is packed with protein and selenium which is an important antioxidant that helps control free radicals and improve immunity. Avocado has lots of healthy fats and minerals, plus glutathione which is required for making new immune cells and detoxifying the body. Red onions are full of anthocyanins that help to fight against infections, prevent cardiovascular disease, and even protect the body from abnormal cell growth.

INGREDIENTS

- 1 bay leaf
- 6 whole black peppercorns
- 1 large boneless, skinless chicken breast
- 2 tablespoons extra virgin olive oil
- 1 drop [Organixx Lemon Essential Oil](#)
- 2 tablespoons fresh lemon juice
- Freshly ground pepper
- 1 ripe avocado, diced
- Thinly sliced red onion
- 2 tablespoons fresh basil leaves
- 4 thick slices sourdough bread (or your favorite gluten-free variety)
- 1 garlic clove, halved

INSTRUCTIONS


To a medium saucepan filled halfway with filtered water, add the bay leaf and peppercorns. Cover and simmer 5 minutes.

Add chicken breast, cover, and simmer around 20 minutes, or until cooked through and no longer pink in the middle. Remove chicken from pan and transfer to a plate; set aside in refrigerator to cool 10 minutes.

In a large bowl, whisk together 1 tablespoon of the olive oil, lemon essential oil (just one drop will do, it's concentrated!), lemon juice, and pepper. Finely dice or shred chicken and add to bowl, along with diced avocado, thinly sliced red onion (to taste), and basil leaves. Combine gently with a spoon.

Preheat grill or broiler to high. Rub bread slices with garlic. Drizzle remaining oil over bread. Toast bread under grill 1-2 minutes on each side, until lightly browned. Spoon chicken mixture over toast and serve.

Nutritional Facts (Per Serving) | Calories: 271 | Total Fat: 10.4 g | Total Carbohydrates: 24.6 g | Dietary Fiber: 3.9 g | Protein: 20.2 g



Lemons are high in antioxidants, which help prevent cellular damage and ward off free radicals.

MAGNIFICENT MULLED POMEGRANATE JUICE

MAKES 4 SERVINGS

Pomegranate is wonderfully full of health-promoting phytochemicals, and has anti-inflammatory and antioxidant benefits to boot. The addition of cinnamon, cloves, rosemary, orange slices, and essential oil serves to magnify these benefits... plus it's delicious too!

INGREDIENTS


4 cups (1 l) pomegranate juice
1 cinnamon stick
10-12 cloves (whole cloves not ground)
1 sprig fresh rosemary
1/2 orange, sliced
1 drop [Organixx Lemon or Orange Essential Oil](#) (optional)

INSTRUCTIONS

In a large saucepan, add the pomegranate juice, then the cinnamon, cloves, rosemary sprig, and orange slices. Bring to a simmer then turn off heat, cover, and let mixture sit and infuse for 30-60 minutes.

Reheat just until hot if you wish to serve beverage hot. Strain off "chunky" bits by pouring through a strainer into a serving pitcher.

For an extra blast of antioxidants, add one drop of lemon or orange essential oil and stir to combine. Pour into mugs.



Collagen has many important functions, including providing your skin with structure and strengthening your bones.

HEALTHY PUMPKIN COLLAGEN LATTE

MAKES 2 SERVINGS

Pumpkin spice lattes are a fall favorite. Instead of giving in to the temptation of sugar-laden coffee shop lattes, try this far healthier version you can easily make at home. The spices in pumpkin pie spice (cinnamon, ginger, nutmeg, and clove) and vanilla both contain antioxidants and help reduce inflammation. Collagen powder has no taste and adding it to your morning coffee is an easy way to give your skin and joints a fast, healthy, anti-aging boost.

INGREDIENTS

- 1 cup strongly brewed organic coffee
- 2 cups coconut or almond milk
- 2-4 tablespoons of pumpkin puree (use more if you really love pumpkin)
- 1 tablespoon maple syrup
- ½ to 1 teaspoon pumpkin pie spice blend (plus more for garnish)
- 1 teaspoon real vanilla extract
- 2 scoops [Organixx Clean Sourced Collagens](#) powder


INSTRUCTIONS

Brew coffee. While coffee is brewing place milk, pumpkin puree, and maple syrup in a saucepan over medium heat. Heat, whisking frequently, until milk is hot but not boiling. Remove from heat and whisk in spices, vanilla, and collagen powder.

Pour milk mixture into blender and blend on high or whisk vigorously in the pan to create as much froth as possible. Add coffee and re-blend for a few seconds.

Pour into 2 large mugs. Sprinkle with additional pumpkin spice.

Nutritional Facts (Per Serving) Calories: 118.6 | Total Fat: 5.1g | Total Carbohydrates: 15.4g | Dietary Fiber: 0.7g | Protein: 9.3g

A top-down view of a rustic, teal-colored bowl with a distressed, brown-patched rim. The bowl is filled with a smooth, vibrant orange soup. A swirl of white cream is visible on the surface of the soup, and several green pumpkin seeds are scattered across it. The bowl sits on a textured, light brown burlap surface. In the background, there are various autumn-themed items: a large green pumpkin, a smaller orange pumpkin, and some dried red and orange leaves. A silver spoon is partially visible on the right side of the bowl.

Turmeric protects skin cells from free radical damage and helps slow the formation of wrinkles and fine lines.



PUMPKIN, TURMERIC & GINGER SOUP

MAKES 8 SERVINGS

Pumpkin is packed with protective beta-carotene and other carotenoids which protect against abnormal cell growth, and also help preserve and improve vision. Ginger and turmeric are two spices with off-the-charts anti-inflammatory benefits, especially when combined together. Make sure to include a little black pepper and extra-virgin olive oil in the soup to improve absorption of turmeric’s active phytochemical, curcumin.

INGREDIENTS

- 2 lbs (1 kg) pumpkin (butternut and jap are good varieties to use), peeled and de-seeded, chopped into chunks
- 2-3 carrots, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- Large chunk (about 1 inch or 2.5 cm) ginger, peeled and finely chopped
- Large chunk (about 1 inch) turmeric root, peeled and finely chopped OR 2 teaspoons turmeric powder
- Your choice of fresh chopped herbs, such as chives, basil, or thyme
- 1 tablespoon coconut oil
- 4 cups (1 l) organic vegetable stock or chicken bone broth
- 1 cup filtered water
- 1 cup coconut milk
- 1 scoop [Organixx Clean Sourced Collagens](#) powder
- 1/2 tablespoon curry powder
- Salt and ground black pepper, to taste
- 1 lime
- Extra-virgin olive oil


INSTRUCTIONS

In large stock pot, warm the coconut oil, then add pumpkin chunks, carrots, onion, garlic, ginger, turmeric, and fresh herbs. Sauté until onions are soft and pumpkin chunks are softening.

Add the stock, water, coconut milk, and curry powder. Season to taste, then bring to boil and simmer for around 30 minutes, or until all vegetables are cooked through. Let soup cool for a few minutes, then place into food processor or blender container and blend until smooth (you can also use an immersion blender). Add collagen powder and blend again.

To serve, pour into soup bowls; if using, add more fresh herbs to the top, along with a squeeze of lime juice and a little drizzle of olive oil.

Nutritional Facts (Per Serving) Calories: 209.4 | Total Fat: 6.5 g | Total Carbohydrates: 30.8 g | Dietary Fiber: 3.5 g | Protein: 9.5 g



Chicken broth,
as well as other bone
broths, provide the
amino acids necessary
for your body to make
collagen.



SOUPS
& SIDES

IMMUNE-BOOSTING CHICKEN VEGETABLE SOUP

MAKES 3 SERVINGS

Chicken soup is well known for its ability to soothe and speed up the healing process. By using chicken with the bones still intact, you will gain the benefits of the minerals in the bones which boost immunity, as do the shiitake mushrooms, garlic, and ginger.

INGREDIENTS

4 cups organic vegetable stock
3-4 free-range chicken thighs
(toss skin but save bones)
6 shiitake mushrooms, dried or fresh
2 cloves garlic, chopped
2 spring onions, chopped
Large knob of fresh ginger, grated
1 teaspoon organic tamari sauce
1 zucchini, grated
1 carrot, finely chopped
1 teaspoon potato flour
1 handful fresh basil, chopped

INSTRUCTIONS

In medium-sized soup pot, bring the vegetable stock to a boil, add chicken thighs (with bones if you can find them) and shiitake mushrooms, garlic, spring onion, ginger, and tamari. Cook until chicken is done then remove it from broth, cool, remove bones and shred meat.

While chicken is cooling, add the zucchini and carrot to the soup pot and cook until carrots are tender. If using dried shiitake mushrooms, remove the tougher ones and toss away; slice a couple of the more tender mushrooms back into soup.

Add shredded chicken to broth, add potato flour (mixed in small qty of water) to thicken. Garnish with basil and serve.

Nutritional Facts (Per Serving) Calories: 165.9 | Total Fat: 3.1 g | Total Carbohydrates: 19.4 g | Dietary Fiber: 3.4 g | Protein: 16 g



Cumin is rich in phytosterols, plant chemicals known to inhibit the absorption of cholesterol in the body.



SOUPS
& SIDES

PEA SOUP WITH CUMIN

MAKES 6 SERVINGS

A vegan version of an old favorite, smoked paprika is used rather than ham for extra flavor. Split peas are fantastic for their anti-aging properties; one study found they may actually slow the aging process at the cellular level.

INGREDIENTS

1 cup dried split green peas
8 cups (2 l) homemade vegetable stock
2 stalks celery, finely chopped
2 carrots, chopped
2 tablespoons coconut oil
2 cloves garlic, finely chopped
1 large onion, finely chopped
1/2 teaspoon smoked paprika
2 teaspoons cumin seeds, dry-roasted
1 tablespoon fresh mint, chopped
Freshly ground salt and pepper,
to taste


INSTRUCTIONS

Rinse the peas thoroughly in a strainer and add to a large stockpot along with the vegetable stock, celery, and carrots. Bring to a boil; then reduce heat to a simmer for 30-40 minutes.

Meanwhile, warm the oil in a small frying pan and sauté the garlic, onion, smoked paprika, and cumin seeds for 5-7 minutes until soft and golden. Remove from heat and cool slightly.

Using a stick blender, food processor, or large blender container combine cooked pea mixture with onion and garlic mixture, add mint, and process until smooth. Taste and adjust seasonings, reheat gently if needed, and serve.

Nutritional Facts (Per Serving) Calories: 127 | Total Fat: 5.1 g | Total Carbohydrates: 18.6 g | Dietary Fiber: 5.8 g | Protein: 3.2 g



Sweet potatoes are often called "yams" in the U.S., but they are all types of sweet potatoes. True yams are large, starchy roots grown in Africa and Asia.



SOUPS
& SIDES

OVEN ROASTED SWEET POTATOES

MAKES 4 SERVINGS

More than just a satisfyingly sweet root vegetable, sweet potatoes are anti-aging on steroids. Jam-packed with the antioxidant beta-carotene, just one cup of sweet potato provides 214% of the recommended daily dose of vitamin A. Sweet potatoes are also a surprising source of vitamin C, required for collagen synthesis. The olive oil in the recipe helps to increase the uptake of beta-carotene into the body.

INGREDIENTS

2 pounds (0.9 kg) sweet potatoes
2 tablespoons infused olive oil (pick from garlic, lemon, herb, chili)
1 tablespoon Dijon mustard
Freshly chopped rosemary
Sea salt, to taste
Freshly ground black pepper, to taste

INSTRUCTIONS


Preheat oven to 450°C (225°C). Peel potatoes, cut each potato lengthwise into finger-thickness wedges.

In a large mixing bowl, combine infused oil, mustard, and rosemary. Add sweet potato wedges and toss well to coat.

Arrange wedges in a single layer on a baking sheet (line it with parchment paper for easy clean-up). Sprinkle on salt and pepper to taste.

Bake in preheated oven for 30-40 minutes, turning wedges over about half-way through the baking process. They are done when cooked through and lightly golden brown. Serve hot.

Nutritional Facts (Per Serving) Calories: 310.9 | Total Fat: 7.7 g | Total Carbohydrates: 56.5 g | Dietary Fiber: 7 g | Protein: 3.8 g

A close-up photograph of a light-colored ceramic bowl filled with pineapple fried rice. The rice is white and fluffy, mixed with bright yellow pineapple chunks and finely chopped green onions. The bowl is placed on a bed of fresh green arugula leaves. In the background, a whole pineapple and more arugula are visible, slightly out of focus. A teal circular callout with a dotted border is positioned in the upper left corner, containing text.

To make your
pineapple softer and
juicier, keep it at room
temperature for 1 or 2
days before cutting.



PINEAPPLE FRIED RICE

MAKES 3 SERVINGS

Pineapple is a good source of manganese, a mineral required for the activation of an enzyme known as prolidase, which promotes the formation of collagen in the skin. For an extra blast of protein, add 1 cup of chopped chicken. Note that the recipe calls for cooked rice, so cook that in advance and have ready in the fridge.

INGREDIENTS

- 3 tablespoons tamari sauce
- 2 teaspoons curry powder
- 2 tablespoons coconut oil
- 1 large onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 red or green chili pepper, thinly sliced
- 1 egg
- 1 carrot, grated
- 1/2 cup peas (fresh or frozen)
- 1 cup cooked chicken, cubed (optional)
- 3 cups cooked jasmine rice
- 1/4 cup vegetable stock
- 1-1/2 cups fresh pineapple chunks
- 1/4 cup raisins or sultanas
- 1/2 cup unsalted cashews, toasted

Toppings:

- 1 lime, freshly squeezed
- 1 spring onion, bias sliced
- Fresh coriander leaves (optional)

INSTRUCTIONS


In a small glass bowl, combine tamari with curry powder. Set aside.

Gently melt the coconut oil in a wok or large frying pan over medium heat. Add onion, garlic, and chili pepper, stir-frying until fragrant and onion is tender. If you want the egg, crack it into the pan and scramble with onion/garlic mixture. Add carrot and peas (and chicken cubes, if using) and stir fry for a couple minutes. If the wok becomes too dry, add a little of the vegetable stock, just a tablespoon at a time to keep ingredients sizzling hot.

Add the cooked rice, pineapple chunks, raisins, and cashews. Pour the tamari/curry powder over mixture and gently stir fry until the rice starts to crackle and pop.

Remove from heat and taste to adjust for seasonings.

To serve, arrange rice mixture on plates, squeeze the lime juice over the rice, and top with spring onions and coriander if desired.



Lemon can boost your immune system and form collagen in your body (which promotes skin and joint health).



CRISPY VEGGIES WITH LEMON ZEST & RICE

MAKES 3 SERVINGS

The vegetables in this recipe are cooked for such a short period of time that it helps to retain all of their vitamins and important phytochemicals. They're packed with sulforaphane, beta-carotene, chlorophyll, magnesium, and vitamin C – all necessary nutrients for keeping that youthful appearance.

INGREDIENTS

1 large head broccoli
(about 14 oz/400 gm)

3 carrots

1 cup sugar snap peas

Grated zest of 1 lemon

3 tablespoons fresh garlic chives,
chopped

Sea salt flakes

Olive oil

1 cup cooked quinoa or brown rice per
person

INSTRUCTIONS

Trim off only the woody parts of the broccoli stalks, retaining much of the length of the stem, and slicing broccoli into spear shapes. Thinly slice the carrots. Trim ends off sugar snap peas.

Put all the vegetables into a large pan of boiling salted water and bring back to a boil. Once it comes back to a boil, cook only for 45 seconds, then remove from heat and drain immediately.

Put the vegetables back in the pan with lemon zest and garlic chives. Sprinkle with sea salt flakes and drizzle with olive oil and toss over low heat until heated through.

Serve on a bed of steaming hot rice or quinoa.



Quinoa was an important crop for the Inca Empire. They referred to it as the "mother of all grains" and believed it to be sacred.



SALADS

QUINOA CRANBERRY SALAD

MAKES 4 SERVINGS

Quinoa is a gluten-free ancient grain that originated in South America. It is full of protein, anti-aging B vitamins and folate, iron, calcium, potassium, magnesium, and phosphorus. Quinoa also contains phytochemicals that protect cardiovascular health by lowering cholesterol levels. The seeds are a rich source of alpha-linolenic acid and beta-carotene, which are highly anti-inflammatory and cell-protective. Cranberries are also full of anthocyanins (health-promoting plant compounds) that have long been used to treat a number of health conditions.

INGREDIENTS

1-1/2 cups quinoa, rinsed and drained

3 cups filtered water

1/2 cup dried cranberries

1/2 cup pumpkin seeds and sunflower seeds, mixed

1 can (15 oz/400 gm) organic mixed beans of choice, drained

1/2 cup fresh parsley, roughly chopped

1-1/2 tablespoons balsamic vinegar

2 tablespoons extra virgin olive oil

Freshly ground pepper to taste

INSTRUCTIONS


In a medium-sized saucepan over high heat, place the quinoa and 3 cups water; bring to a boil. Once at a boil, reduce heat to low, then cover and simmer until all the water is absorbed, about 15 minutes.

While quinoa is cooking, put cranberries in a small glass bowl and cover with boiling water; soak for 10 minutes to rehydrate and then drain.

Also while quinoa is cooking, in a dry frying pan over medium heat add the pumpkin and sunflower seeds and toast for 3-4 minutes, stirring occasionally so they don't burn. Turn heat off just as they start to brown and pop.

To a large salad bowl add cooked quinoa, drained cranberries, toasted seeds, mixed beans, and remainder of ingredients. Toss, mixing well, and serve immediately for a hot salad. For a cold salad, place in fridge until mixture has chilled through.

Nutritional Facts (Per Serving) Calories: 630.2 | Total Fat: 22.2 g | Total Carbohydrates: 85.4 g | Dietary Fiber: 15.3 g | Protein: 24 g



Compared to
mature broccoli,
broccoli sprouts contain
more sulforaphane,
a chemical with
numerous health
benefits.



SALADS

BRUSSELS SPROUTS SUNSHINE SALAD

MAKES 4 SERVINGS

Brussels sprouts and broccoli sprouts are both a wonder source of sulforaphane, a phytochemical that has powerful antioxidant, antimicrobial, anti-inflammatory, anti-aging, neuroprotective, and anti-diabetic properties! The addition of a wallop of vitamin C from the citrus fruit and pomegranate make this the perfect anti-aging salad (plus it's delicious!).

INGREDIENTS

1/2 cup raw pecans
1 teaspoon whole cumin seeds
Grated rind and juice from 1 organic orange
Grated rind and juice from 1 organic lemon
3 tablespoons raspberry vinegar
1-2 tablespoon honey or maple syrup
5 tablespoons olive oil
2 teaspoons Dijon mustard
1/2 cup red onion, finely chopped
2 cups Brussels sprouts, uncooked, shredded in food processor or by hand
1 cup broccoli sprouts
1/2 cup fresh pomegranate seeds
Chopped fresh seasonal herbs of your choice

INSTRUCTIONS

Over medium heat in a frying pan, toast the pecans until golden brown and fragrant. Set aside to cool.

Toast the cumin seeds in the same hot pan for 30 seconds until they release their fragrance, then add citrus juices, vinegar, honey, olive oil, and Dijon mustard to pan. Mix well, add chopped onion and set aside.

Roughly chop the pecans. Into a large bowl, combine shredded sprouts, broccoli sprouts, and dressing ingredients and toss well. Set aside for a few minutes or place into the refrigerator for an hour.

Before serving, add pomegranate, fresh herbs, and toasted pecans.

Note: Citrus fruit must be organic due to high level of pesticides that gather in the rind. If you can't find organic fruit, instead of grating the rind, substitute with 1 drop of lemon essential oil and 1 drop of orange essential oil.

Nutritional Facts (Per Serving) Calories: 345.4 | Total Fat: 27.3 g | Total Carbohydrates: 24.7 g | Dietary Fiber: 6 g | Protein: 4.3 g



Blueberry season in the U.S. runs from April to September. Imports fill the grocery store shelves from October to March.



SALADS

TOSSED GREENS & BLUEBERRY SALAD

MAKES 4 SERVINGS

Blueberries contain a load of antioxidants and help to protect against skin-damaging free radicals from stress, excessive sun exposure, and pollution. Apple cider vinegar contains alpha-hydroxy acids that are excellent for skin health. Poppy seeds are soothing to the nervous system and help to maintain healthy cholesterol levels.

DRESSING INGREDIENTS

- 1/4 cup apple cider vinegar
- 1/4 cup apple juice
- 1 drop lemon essential oil
- 1 tablespoon maple syrup or raw local honey (optional if you like it sweeter)
- 1 tablespoon red onion, finely minced
- 2 teaspoons poppy seeds
- 1 teaspoon Dijon mustard
- Freshly ground salt and pepper, to taste
- 1 cup almond or avocado oil

INSTRUCTIONS

In a glass measuring cup or bowl, combine apple cider vinegar, apple juice, lemon oil, sweetener, red onion, poppy seeds, mustard, salt and pepper. Whisk in oil, pouring in a thin stream to other dressing ingredients, combine well.


Place the leafy greens, walnuts, and blueberries in a large salad bowl.

Pour dressing over salad; toss to coat, and serve immediately.

SALAD INGREDIENTS

- 4 cups mixed leafy greens of choice (e.g. romaine, spinach, kale, beet leaves)
- 1 cup walnut halves (toasted if desired)
- 1-1/2 cups fresh blueberries

Nutritional Facts (Per Serving) | Calories: 745.5 | Total Fat: 73.5 g | Total Carbohydrates: 16.2 g | Dietary Fiber: 4.6 g | Protein: 5.8 g



Brain-boosting properties of dates have been attributed to their content of antioxidants known to reduce inflammation.



MIDEASTERN ORANGE, COUSCOUS & DATE SALAD

MAKES 4 SERVINGS

Oranges give a blast of vitamin C that helps to build collagen in the skin, boosts immunity, and provides antioxidant protection. A single cup of couscous contains more than 60% of the recommended intake of selenium, an essential mineral and antioxidant that helps repair damaged cells. Chickpeas are a great plant-based source of protein, and contain minerals and antioxidants.

DRESSING INGREDIENTS

Juice from one half orange
2 tablespoons extra virgin olive oil
2 tablespoons lemon juice
1 teaspoon paprika

SALAD INGREDIENTS

1 cup uncooked couscous
1-1/2 cups salt-reduced vegetable stock, heated
2 oranges
1 can (14 oz/400 gm) chickpeas, rinsed and drained
3/4 cup pitted dates, roughly chopped
1/2 cup shelled pistachios, roughly chopped
1/4 cup chopped fresh mint

INSTRUCTIONS

Into a large bowl place the couscous, pour over hot vegetable stock, and set aside until stock is absorbed, about 10-15 minutes.


Meanwhile, prepare the dressing. Into a glass measuring cup combine orange juice, olive oil, lemon juice, and paprika. Whisk together and season to taste.

Stir up the couscous with a fork and drizzle the dressing over the top while the couscous is still warm.

Over a dish to catch the juices, section the oranges like a grapefruit, cutting the orange in half first, then with a sharp knife cut out the segments between the dividing membranes and place into large glass serving bowl.

Add chickpeas, dates, nuts, and mint, then add couscous and mix together gently. Adjust seasonings, then leave to stand at room temperature for at least one hour to allow flavors to combine and mingle. If desired, you can leave the mint out of the recipe and let each person add their own to the top of dish.

Nutritional Facts (Per Serving) Calories: 481.3 | Total Fat: 12.3 g | Total Carbohydrates: 83.1 g | Dietary Fiber: 14.2 g | Protein: 14.7 g



Non-GMO corn is nutritious, providing fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium.



ENTRÉES

CHICKEN AND CORN ENCHILADAS

MAKES 6 SERVINGS

Skip the take-out and make this tasty and nutritious family fun recipe instead. It's packed with protective nutrients for all the cells of your body including carotenoids, sulforaphane, lycopene, and polyphenols.

INGREDIENTS

6 cups kale leaves (stems removed), sliced into bite-sized pieces
2 pounds organic tomatoes
2 cloves garlic, unpeeled
1 jalapeño chile, sliced
1 teaspoon avocado oil
3/4 cup coriander/cilantro leaves, chopped
2 tablespoons fresh lime juice
Freshly ground salt and pepper, to taste
2 cups fresh or frozen organic corn kernels
1-1/2 cups shredded chicken breasts, cooked
1 cup crumbled organic feta cheese
8 organic corn tortillas
Crunchy lettuce and additional cilantro and diced tomatoes for topping

INSTRUCTIONS

Arrange oven rack close to broiler heat source and preheat broiler on high. Meanwhile, in large pot of boiling water over high heat blanch the kale just until wilted and tender. Drain off water, let cool.

Once broiler is hot, on an oiled baking sheet place tomatoes, garlic, and jalapeño and toss with oil. Broil for around 3-5 minutes or until lightly charred, turning once mid-way through. Let cool slightly and set oven temperature to 400°F (200°C).

Peel the garlic cloves, then place in bowl of food processor or blender along with kale, tomatoes, jalapeño, 1/4 cup coriander/cilantro, lime juice, salt, and black pepper. Process until smooth. Spread a 1/2 cup of this mixture onto the bottom of a large, flat baking dish.

In large mixing bowl, combine corn, chicken, 2 cups of the prepared salsa mixture, half of feta cheese, and a dash of salt.

Wrap tortillas in damp paper towels or foil and warm in oven until warm and pliable. Place about 1/2 cup of the chicken mixture in center of a tortilla; roll up tightly. Place, seam side down, in baking dish. Repeat with remaining tortillas and chicken mixture. Top enchiladas with remaining salsa and feta.

Cover baking dish with foil and bake around 20 minutes or until heated through. To serve, top with chopped lettuce, diced tomatoes, and cilantro.

Nutritional Facts (Per Serving) Calories: 308.6 | Total Fat: 9.7 g | Total Carbohydrates: 39.5 g | Dietary Fiber: 8.7 g | Protein: 18.9 g




ENTRÉES

BLACK BEAN BURGERS

WITH MATCHA AIOLI

MAKES 8 SERVINGS

Black beans are a great plant-based source of protein. They naturally lower cholesterol levels, help to balance blood sugar levels, provide fiber for good gut health, and contain loads of protective antioxidants, minerals, and vitamins.



Beets contain pigments called betalains, which may potentially possess a number of anti-inflammatory properties.

BURGER INGREDIENTS

1 tablespoon coconut oil
1 small red onion, finely chopped
1 clove garlic, finely minced
1/2 cup shredded carrot
1/2 cup shredded beet
2 cans (15 oz/ 425 gm) organic black beans, well rinsed and divided
1/2 cup toasted nuts (your choice)
2 eggs
1/2 cup gluten-free breadcrumbs
1/2 scoop [Organixx Clean Sourced Collagens](#) powder
Freshly ground salt and black pepper to taste

AIOLI INGREDIENTS

1/4 cup fresh basil leaves
1 clove garlic, peeled
4 egg yolks
1/2 lemon, juiced
1 tablespoon matcha green tea powder
1 teaspoon Dijon mustard
1/2 cup extra virgin olive oil

INSTRUCTIONS

To make the burgers, preheat oven to 350°F (180°C) and line a large baking sheet with parchment paper.

In a large skillet, heat the coconut oil over medium heat. Add onion, garlic, carrot, and beet and sauté, stirring occasionally, until vegetables are soft and onion is translucent, about 6-8 minutes.

Drain one of the cans of black beans, rinse well, and place into the bowl of a food processor. Add nuts and sautéed vegetables. Process until mixture resembles coarse paste.

Drain remaining can of beans, rinse well, and place into a large glass mixing bowl; mash slightly with potato masher. Add pureed bean mixture and stir to combine. Then add eggs, bread crumbs, collagen powder, and seasoning. Stir well to combine.

Using a 1/2-cup measuring cup, dip into bean mixture and mound onto prepared baking sheet, pressing lightly to flatten. Leave space between the mounds. Bake in preheated oven until completely dry and somewhat crisp; takes around 45 minutes.

Meanwhile, prepare the aioli. In bowl of food processor or blender container, combine basil leaves, garlic, egg yolks, lemon juice, matcha powder, and mustard. Process until smooth, then gradually drizzle in 1/2 cup olive oil while motor is running. Mixture should be thick and smooth and oil should mix in completely. Season with salt and pepper.

Place burgers on buns or lettuce leaves and top with aioli and choice of toppings.

Nutritional Facts (Per Serving) Calories: 397.2 | Total Fat: 22.8 g | Total Carbohydrates: 37 g | Dietary Fiber: 12.3 g | Protein: 15.3 g



Zucchini contains potassium which can help control blood pressure and lessen the harmful effect of salt on the body.



ENTRÉES

PASTA

WITH PESTO VERDE

MAKES 4 SERVINGS

Zucchini is a powerhouse of anti-aging benefits. Its vitamin A content and other carotenoids are wonderful for eye health and vision, and its copper and manganese assist good bone health and formation of collagen (as does the added collagen powder in this recipe!). The tomatoes, broccoli, basil, and spinach all provide loads of nutrients and added fiber for glowing good health.

INGREDIENTS

1 package (8 oz/226 gm) whole-wheat spaghetti (or your favorite gluten-free variety)

1 tablespoon avocado oil

1 clove garlic, minced

2 cups broccoli florets

2 medium zucchini, grated

3 cups baby spinach leaves

1 cup fresh basil leaves

2 large tomato, seeded and roughly chopped

2 tablespoons fresh lemon juice

2 tablespoons pine nuts

1 scoop [Organixx Clean Sourced Collagens](#) powder (optional)

Salt and freshly ground pepper, to taste

1/4 cup extra-virgin olive oil

1/4 cup Parmesan cheese (optional)

INSTRUCTIONS

Bring large saucepan of salted water to boiling over high heat. Add pasta to water when it begins to boil and cook according to package directions.

Meanwhile, heat the oil in a large skillet over medium heat and add the minced garlic, broccoli florets, grated zucchini, and spinach. Cook, stirring occasionally, just until broccoli is tender. Let mixture cool.

In bowl of food processor, combine cooled broccoli mixture with basil leaves, lemon juice, pine nuts, collagen powder, and seasonings; pulse until smooth.

With processor running, drizzle in 1/4 cup olive oil. If desired, add Parmesan cheese now, and pulse until well combined.

Drain spaghetti and return to pot; add pesto, chopped tomatoes, and adjust seasonings. Toss well and serve immediately.

Nutritional Facts (Per Serving) Calories: 424.8 | Total Fat: 21.8 g | Total Carbohydrates: 43.6 g | Dietary Fiber: 7.7 g | Protein: 11.6 g



Eating two meals per week of fatty fish, such as salmon, can help reduce the risk of fatal heart disease.



ENTRÉES

GRILLED SALMON

WITH BLUEBERRY BALSAMIC SAUCE & GREEN BEANS

MAKES 2 SERVINGS

Salmon protects and rejuvenates cells (especially skin and brain) with omega-3 fatty acids and protein. Blueberries and pomegranate both contain loads of antioxidants in the form of vitamin C, and both fight inflammation and protect against free radicals from sun exposure, pollution, and stress. Green beans are full of vitamins and minerals, naturally help to lower cholesterol, and provide much-needed fiber for good gut health.

INGREDIENTS

- 1 tablespoon coconut oil
- 2 medium-sized salmon fillets, skin on
- 1 tablespoon butter, melted
- 1 teaspoon coconut sugar
- 1/2 teaspoon paprika
- 4 cups green beans
- 1 teaspoon olive oil
- 1/2 teaspoon sea salt
- 1/2 cup pomegranate seeds
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh chives, chopped
- 1/4 cup balsamic vinegar
- 1/2 cup blueberries
- 1 tablespoon maple syrup
- 1 tablespoon butter

INSTRUCTIONS

Preheat oven to 350°F (180°C). Prepare a baking tray with parchment paper.

Melt the coconut oil into a skillet over med-high heat. Add the salmon fillets, skin side down. Cook for approximately 2-3 minutes, until crisp.


Remove salmon from pan and place skin side down onto lined baking tray. Drizzle with 1 tablespoon melted butter and sprinkle with coconut sugar and paprika. Place the salmon in the preheated oven for 15 minutes or until desired level of doneness is reached.

In the meantime, in a medium-sized saucepan add water and bring to a boil. Using a slotted spoon, carefully lower in the beans and blanch for 3-4 minutes, then remove beans and immerse in a bowl of cold water. Drain the green beans, then bias-slice into halves. Place on serving platter and season with salt, olive oil, pomegranate seeds, dill, and chives.

Remove salmon from oven and place atop green beans; set aside.

While salmon is cooking, place a small saucepan over medium heat and add the balsamic vinegar, cook for 5 minutes or until reduced by a third, then add the blueberries and maple syrup. Cook for another minute, stir in the tablespoon of butter, and remove from heat. Serve sauce over salmon.

Nutritional Facts (Per Serving) Calories: 469 | Total Fat: 22.6 g | Total Carbohydrates: 43.1 g | Dietary Fiber: 10.2 g | Protein: 29 g



The portabello mushroom has a very memorable, rich and meaty texture and flavor, which it retains even after cooking.



ENTRÉES

PORTOBELLO FAJITAS

MAKES 4 SERVINGS

Mushrooms boast a wide variety of anti-aging phytochemicals, but especially ergothioneine and glutathione, important antioxidants that protect cells from free radicals. The peppers and onions contain much-needed vitamin C and fiber, and the cilantro/coriander supports the cardiovascular system, balances blood sugar levels, chelates heavy metals for detoxification, and supports good vision.

INGREDIENTS

- 1/4 cup avocado oil
- 2 teaspoons taco seasoning
- 1/4 cup filtered water
- 1 each red, green, and yellow bell pepper, seeded and thinly sliced
- 2 large onions, sliced (use 3 if cooking for 4 people or more)
- 8 large portobello mushrooms, sliced (allow 2 cups of sliced mushrooms per person)
- 12 fajita size gluten-free tortillas, wrapped in foil and warmed in oven or atop grill
- 1/2 cup organic mayonnaise
- 2 teaspoons mild chili powder
- 1 lime, sliced into wedges

Optional toppings:

- Green chile salsa
- Sliced avocado or guacamole
- Fresh cilantro leaves
- Chopped tomatoes
- Finely chopped onion

INSTRUCTIONS

In large frying pan warm the oil then add taco seasoning and the water. Add bell pepper slices and onions and cook until tender (don't rush this part - they must be tender and soft).

Add mushrooms and cook until they soften and their liquid is released. Squeeze lime juice over top after vegetables have finished cooking.

In small bowl combine mayonnaise with chili powder, stir well.

To assemble, open warmed tortilla and add mushrooms, peppers, onions, choice of toppings, and drizzle with mayonnaise dressing.

Nutritional Facts (Per Serving) Calories: 566.9 | Total Fat: 36 g | Total Carbohydrates: 56.8 g | Dietary Fiber: 6.7 g | Protein: 6.1 g



Compounds in the photosynthesis cells of spinach promote the release of satiety hormones, reducing hunger and cravings.



SPINACH CHIPS

MAKES 2 SERVINGS

Rather than reaching for that bag of potato chips, think ahead and prepare these healthy little delights instead. Deliciously crispy and nutritious, spinach is a good source of iron (remember Popeye?), and helps to maintain healthy skin and hair, and strong bones. Plus it lowers the risk of heart disease (unlike that bag of potato chips), aids digestion, and improves blood sugar levels.

INGREDIENTS


- 2 large handfuls of baby spinach leaves
- 1 tablespoon olive oil
- 2 teaspoons Italian seasoning (or your favorite mix of dried herbs)
- Freshly ground Himalayan salt, to taste

INSTRUCTIONS

Preheat oven to 350°F (180°C). In a large mixing bowl, pour the oil over the spinach leaves and gently work it into the leaves until they are all well coated. Add the herbs of your choice and the salt, tossing through the leaves until they seem well coated.

Cover a baking sheet with parchment paper and place the spinach leaves on this so they do not overlap. Bake in preheated oven for 10-12 minutes or until crispy. Allow to cool and enjoy. Can be stored for a day or two in a covered container on the counter.

Nutritional Facts (Per Serving) Calories: 137.9 | Total Fat: 8.1 g | Total Carbohydrates: 12.3 g | Dietary Fiber: 7.5 g | Protein: 9.7 g



Whole grain
foods, such as
granola, generally
contain more vitamins
and minerals per
serving than refined
cereals.



FRUITY GRANOLA BARS

WITH MATCHA

MAKES 12 BARS

You'll forget about processed, store-bought granola bars when you realize how easy it is to make much healthier ones at home. Oats contain beta-glucans which help to smooth out wrinkles in the skin. The seeds provide healthy fats and fiber, and the dried fruit contains loads of minerals, vitamins, and antioxidants for energy, beautiful skin, and healthy cells. The Chinese call matcha the "elixir of immortality" as it is revered for its anti-aging properties.

INGREDIENTS

- 2 cups gluten-free rolled oats
- 1 cup pumpkin or sunflower seeds
- 1-1/2 cups unsweetened puffed rice cereal
- 1/2 cup organic dried fruit, roughly chopped (e.g. raisins, figs, dates, prunes, goji berries, cranberries)
- Sea salt flakes to taste
- 1-1/2 tablespoons matcha green tea powder
- 1/3 cup brown rice syrup or local raw honey or molasses
- 1 teaspoon vanilla extract
- 1/2 cup tahini
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract

INSTRUCTIONS

Preheat oven to 325°F (160°C). On an oiled baking sheet combine oats and seeds and bake for 10-15 minutes, stirring once or twice, until oats are lightly toasted and fragrant.

In a small saucepan, combine brown rice syrup (or honey or molasses), vanilla, tahini, coconut oil, and vanilla. Whisk to combine and do not overheat. Let cool slightly.

In a large glass bowl, combine the cooled oats and seeds with the chopped dried fruit, rice puffs, salt flakes, and matcha powder. Pour the contents of saucepan over the dry ingredients and stir quickly to combine.

Pour the mixture into a 11 x 7" (28 x 18 cm) pan lined with baking parchment. Press the mixture into the pan firmly and refrigerate for a few hours or until firm. Remove from refrigerator and slice into bars.

Refrigerate leftovers; these keep well if kept cold.

Nutritional Facts (Per Serving) Calories: 222.7 | Total Fat: 10 g | Total Carbohydrates: 30.1 g | Dietary Fiber: 2.8 g | Protein: 5.3 g



A serving of almond butter contains 2x as much iron, nearly 3x as much vitamin E, and 7x more calcium than peanut butter.



ALMOND BUTTER DARK CHOCOLATE MOUSSE

MAKES 2 SERVINGS

Dark chocolate has some surprising anti-aging benefits. Besides acting to release endorphins in the brain (those feel-good neurotransmitters that help to battle depression), dark chocolate contains phytochemicals that act to increase blood flow to the skin. So it makes you feel happier AND increases skin health. Maple syrup helps to decrease inflammation, supplies much-needed minerals and antioxidants including gallic acid, which helps skin look tighter and firmer.

INGREDIENTS

1 can (13 oz/384 ml) coconut cream
(not coconut milk)
1/4 cup maple syrup
1/4 cup raw cacao (not cocoa)
1/4 cup 70%+ dark chocolate
2 tablespoons coconut oil
2-3 tablespoons almond butter

INSTRUCTIONS

Start recipe 2-3 hours prior to serving time. In medium bowl, combine coconut cream, maple syrup, and raw cacao.


In top of a double boiler or a glass bowl set over water simmering in a saucepan, add chocolate and coconut oil and stir until melted and smooth.

Pour into coconut cream mixture, stir well.

Pour into two serving cups and place in refrigerator for at least half an hour (but two hours is best). It will be done when it reaches a mousse-like consistency.

Warm the almond butter and drizzle over chocolate in cups prior to serving.

Nutritional Facts (Per Serving) Calories: 673.2 | Total Fat: 35.8 g | Total Carbohydrates: 69.1 g | Dietary Fiber: 6.4 g | Protein: 21.9 g



Ginger is a potent aromatic herb and a good natural source of vitamin C, magnesium, potassium, copper, and manganese.



CARROT CAKE WITH GINGER & PEARS

MAKES 24 SQUARES

Containing no sugar other than the sweetness of carrots, pears, and raisins, this is a satisfying and healthy alternative to most cakes. Carrots contain plenty of antioxidants and beta-carotene for glowing skin. Pears (especially the ones with red skins) have loads of minerals and anti-aging phytochemicals, while raisins are rich in fiber for improved digestive function. Raisins also contain bone-building nutrients, boost iron levels, and deliver a sweet burst of energy. The scoop of collagen powder provides extra support for skin, joints, and gut health.

INGREDIENTS

2 small carrots, peeled and grated
1 small knob of ginger, peeled and grated
2 ripe pears, peeled and mashed
1 scoop [Organixx Clean Sourced Collagens](#) powder
1 teaspoon baking powder
1/2 teaspoon baking soda
9 oz/250 gm almond meal (ground almonds)
1/3 cup arrowroot
1-1/2 teaspoons ground Ceylon cinnamon
1 teaspoon ground ginger
4 large eggs, lightly beaten
1 cup raisins, divided
1/2 cup pecans, roughly chopped, plus pecan halves to decorate
Butter or coconut oil

INSTRUCTIONS

Preheat oven to 340°F (170°C). Grease an 11 x 7" (17 x 28 cm) rectangular cake dish with butter or coconut oil.

In a large mixing bowl, combine grated carrots, ginger, and mashed pears.

In a separate large mixing bowl combine collagen powder, baking powder, baking soda, almond meal, arrowroot, cinnamon, and ginger, stirring well.

In bowl of food processor or blender container add all of the eggs and half the raisins and process until smooth.

To the dry ingredients add the egg/raisin mixture, then add the carrot/pear mixture, chopped pecans, and remaining raisins. Combine gently, then spoon into prepared cake dish. Top with remaining pecan halves.

Bake for 40–50 minutes, until a toothpick inserted in the center comes out clean. If the cake begins to brown too much during baking but isn't done in the middle, loosely cover with aluminum foil or baking parchment and return to oven until cooked through.

Nutritional Facts (Per Serving) | Calories: 131.6 | Total Fat: 8.8 g | Total Carbohydrates: 11.5 g | Dietary Fiber: 2.3 g | Protein: 4.2 g



Dark chocolate has more cacao than other chocolates, so it is considered healthier than milk and white chocolate.



DIVINE DIPPED STRAWBERRIES

MAKES 15

Wickedly wonderful dark chocolate contains a flavonoid known as epicatechin. A recent clinical trial found that women who consumed dark chocolate daily for 12 weeks enjoyed an improvement in skin texture. Researchers believe that epicatechin increases blood flow to the skin and this enhances the flow of blood, oxygen, and nutrients to the skin. Combine dark chocolate with the antioxidants in strawberries for a deliciously decadent anti-aging combination.

INGREDIENTS

Around 12-15 large ripe organic strawberries

1 block (8 ounces/226 gm) 70% (or higher) dark chocolate

Toothpicks or skewers

Optional toppings:

Shredded coconut

Chopped toasted nuts (e.g. walnuts, pecans, almonds)

INSTRUCTIONS

Wash and drain strawberries and place on a kitchen towel to dry. Gently pat strawberries completely dry. Place optional toppings onto small saucers or bowls for easy dipping. In a double boiler or bowl set over a small pot of simmering water, melt the dark chocolate.

Once chocolate is melted, place one toothpick or wooden skewer through a strawberry and dip it into the melted chocolate, leaving the green leaves uncovered. If you wish, roll strawberry into optional toppings, then place on a baking sheet lined with parchment paper. Repeat with remaining berries.

Leave to harden, or place baking sheet in refrigerator. Keep any uneaten berries (as if!) in the refrigerator.

Experience the Age-Defying Power of Nature's Miracle Protein... That Works From the INSIDE OUT!

I'm talking about Collagen. Now, there's no doubt that collagen is about as close to a real-life "fountain of youth" that you'll ever find.

It's the literal "glue" that holds human life together. Because of that, collagen plays a critical role in keeping every part of your body running in optimal condition.

In fact, more and more scientific research is confirming that collagen is one of the most powerful proteins that can help smooth wrinkles... keep skin taut and plump... increase your energy... and even promote joint health.

However, if you're thinking about taking a collagen supplement... PLEASE DON'T unless it contains these ingredients...

- ✓ **FIVE Types of collagen** – for the ultimate collagen matrix you need Types I, II, III, V and X from FOUR different sources – grass-fed beef, organic chicken, wild caught fish PLUS organic eggshells – in every serving!
- ✓ **Camu Camu** – for a powerful source of vitamin C, so your body can USE the collagen you take...
- ✓ **Acerola Cherry** – for even more bioavailable vitamin C and an array of phytonutrients that ensure your body recognizes and USES the vitamin C for collagen production...
- ✓ **Horsetail Extract (silica)** – to practically guarantee your body has the "building blocks" needed for collagen, so it can repair your skin, joints, muscles, and more...
- ✓ **Zinc Gluconate** – as a "guarantee" that the collagen you take will go to the places it's needed in your body for rebuilding, rejuvenation, and repair...

The truth is: most collagen supplements on the market today are a big letdown. You see, research shows that there are 5 major types of collagen that your body needs to thrive: **Types I, II, III, V, X.**

However, most supplements do NOT include all five types in their formula. Usually, they give you just one or two types. So, it's impossible to get the full-spectrum of age-defying benefits that each major type provides.

Discover the only collagen supplement on the market that's scientifically formulated to promote younger looking skin... fewer aches and pains... and a healthier, more vibrant body.



[Click Here to Learn More](#)

Empowering YOU Organically!

Our Commitment to You:

- 1 Only deliver supplements that can really make a powerful difference in your health and life.
- 2 Provide you supplements made from only the purest natural ingredients on earth, including USDA Certified Organic ingredients whenever possible.
- 3 Use proprietary fermentation processes to make our supplements extremely bioavailable. (This ensures the maximum amount of nutrients from our supplements are actually utilized by your body – versus being wasted.)
- 4 Deliver the highest quality, most effective supplement blends available. We started this company because of the huge demand for quality supplements at affordable prices. We keep our markups extremely low, because we're a mission-based company with hopes of healing the world.

Now here's the great news... we're constantly improving and making our supplements even better.

We've received a LOT of overjoyed feedback from others just like you, and the one thing we keep hearing over and over is how pleased they are to finally find a supplement company 100% committed to using the purest, non-GMO and USDA Certified Organic ingredients wherever and whenever possible!

